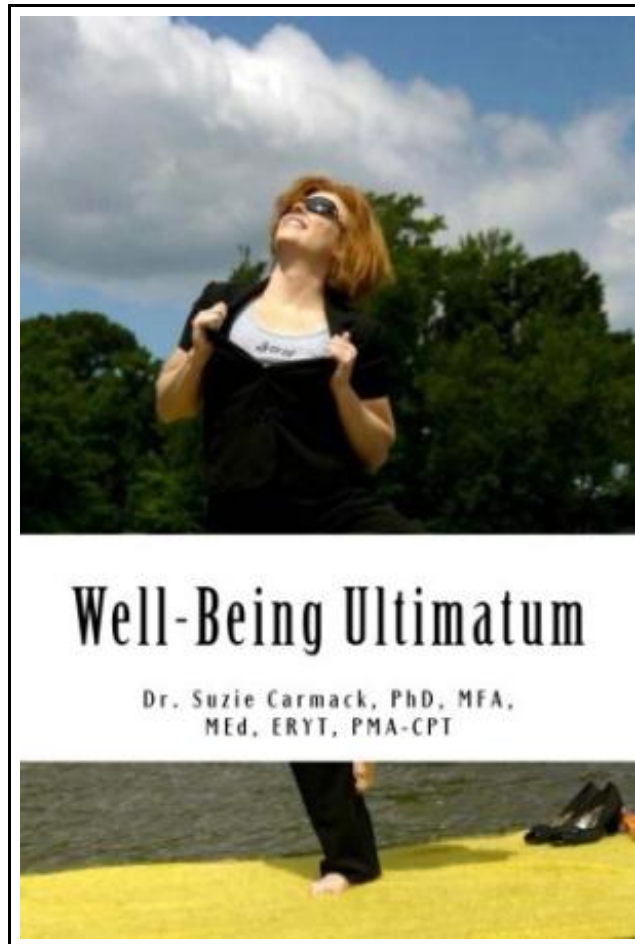


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.As a healer -- someone who is passionate about healing, leading, teaching and/or caring for others -- you are driven to serve the world. But this same gift that you have for healing others comes at a high price with regards to your own health, wellness and well-being. In this ground-breaking book, international well-being scholar and yoga therapist Dr. Suzie Carmack unpacks her evidence-based research in the science of well-being. She explains how this research can help explain why healers like you often have unique challenges with regards to your longevity and quality of life. Here you will learn: How healers like you are especially susceptible to the quietly draining, yet pervasive conditions of compassion fatigue and burnout; How you really can live the good life in a way that is good for you by combining both subjective (self-rated) and objective approaches to assessing, managing, and optimizing your well-being; How to strategically approach your well-being optimization (your well-being ultimatum) by using Dr. Carmack's Kosha Model of Well-being. This East meets West framework for self-care links the time-honored yoga Koshas with an evidence-based perspective on the five major dimensions of your well-being. The book concludes with an empowering 10-step strategic planning process in which you will draft your very own Well-Being Ultimatum plan and contract -- and optimize your well-being once and for all. If you are ready to start living like you really mean it, and to create work/life balance between your call to heal and your own healing needs, then this book is for you.

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